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Mark's YMCA Journey Towards Health

Note: The Geneva Lakes Family YMCA is thrilled to share this incredible Y success story written by Mark, one of our members. At the Y, our cause is strengthening the community, and we consider it a privilege to have the opportunity to support Mark on his journey to better health!

"In October of 2014 I made a decision to live! After an extended season of health problems, a medical check-up & subsequent weigh-in challenged me to make a U-turn and choose to live.

Besides balancing my diet, I knew that I needed to start exercising and developing a normal fitness routine. It was this motivation that led my family and I to sign up for a membership at the YMCA in Lake Geneva, WI and began the journey toward health.

My family and I found a sense of community at the Y and look forward to visiting each time we come. Whether it's a warm welcome from Sharon upon check-in, an encouraging word from Don, as he upkeeps the building, or catching up with the regulars we have enjoyed the sense of community at the Y.

As young parents, my wife Kim and I appreciate the convenience of the Tot-Spot and are grateful for those who watch our son while we workout. In fact, when it's time to leave, Jonathon doesn't want to leave the fun!

The convenience of location, hours, and childcare, coupled with a sense of community, have kept me coming back to the "Y" for over a year now. In that time, I've traveled quite a distance on my journey toward health that's seen me lose over 100 pounds! Thank you all for journeying with me."



After an extended season of health problems, Mark came to the YMCA to make a U-turn and improve his health. To date, he has lost 100+ pounds and is enjoying good health.

-Mark A.